

Brentwood Senior Citizen's Club, Inc. Newsletter

In Partnership with the City of Brentwood Parks and Recreation Department.

A newsletter of programs, activities, and community services available to the active adult residents of Brentwood, Bethel Island, Byron, Knightsen, Oakley, and Discovery Bay.

BRENTWOOD SENIOR ACTIVITY CENT<u>ER 516-538</u>0





SATURDAY, FEBRUARY 14, 2015
BRENTWOOD COMMUNITY CENTER
35 OAK STREET, BRENTWOOD

Register Today!

Senior Club Member: \$35 Non-Senior Club Member: \$40

Event #14541

Show includes a delicious dinner and dessert.

Doors Open: 5:30PM Cocktails: 5:30-6PM

Dinner: 6-7PM Show: 7-9PM

Table reservations available. For reservations to this event, call the City of Brentwood Parks and Recreation Department at (925) 516-5444.

WEEK AT A GLANCE BRENTWOOD SENIOR ACTIVITY CENTER

Mondays

9:00 a.m.-1:00 p.m. C.C. Café Senior Nutrition **

10:00-11:30 a.m. Premiers Exercise

12:30-3:30 p.m. A Place to Paint (Ongoing every week)

12:30-3:00 p.m. BINGO (Ongoing every week)

10:00-12:00 p.m. Blood Pressure Checks (1st Monday of the month)

Tuesdays

8:00-9:00 a.m. Premiers Exercise

9:00 a.m.-1:00 p.m. C.C. Café Senior Nutrition **

9:30-11:30 a.m. Senior Board Meeting (2nd Tuesday of the month)

I 1:30 a.m.-3:30 p.m. HICAP (2nd Tuesday of the month)
12:30 a.m.-4 p.m. Quilting (1st Tuesday of the month)

1:00-4:00 p.m. Pinochle Drop-In (Ongoing)

1:00-4:00 p.m. Gin Rummy – Every Tuesday (Ongoing)

1:00-4:00 p.m. Bunco (Last Tuesday of the month)

1:30-2:30 p.m. Book Banter Group (3rd Tuesday of the month)

Wednesdays

8:30-9:30 a.m. Gentle Yoga Stretch

9:00 a.m.-1:00 p.m. C.C. Café Senior Nutrition **

10:00-11:30 a.m. Premiers Exercise

12:00-1:30 p.m. C.C. Café Special Luncheon (Last Wednesday of the month)

12:30-3:30 p.m. Knitting Circle (Ongoing Every week)

12:30-2:00 p.m. Line Dancing (2nd Wednesday of the month)

1:00-4:00 p.m. Oldies But Goodies 6:00-9:30 p.m. Duplicate Bridge

12:30-2:30p.m. Blood Pressure Checks (3rd Wednesday of the month)

Thursdays

8:00-9:00 a.m. Premiers Exercise (New Class) 9:00 a.m.-1:00 p.m. C.C. Café Senior Nutrition **

1:00-4:00 p.m. Drop-In Pinochle (Ongoing)

1:00-3:00 p.m. Billiards (Ongoing)
Board Games (Ongoing)

1:00-4:00 p.m. Oldies But Goodies

WEEK AT GLANCE BRENTWOOD SENIOR ACTIVITY CENTER

Fridays

9:00 a.m.-1:00 p.m. C.C. Café Senior Nutrition **

10:00-11:30 a.m. Premiers Exercise

12:00-1:30 p.m. C.C. Café Special Luncheon (2nd Friday of each month)

Line Dancing Social (Last Friday of the month) 12:30-2:00 p.m.

Hula and Ukulele Class (1st and 3rd Friday of the month) 1:00-3:00 p.m.



Denotes programs that require the participant to present a valid Senior Club Activity Card. Activity Cards may be purchased at the Brentwood Senior Center or at the City of Brentwood Parks & Recreation Department at 35 Oak Street. All classes and the "Oldies But Goodies" program are in partnership with Liberty Adult Education. **C.C. Café is in partnership with Contra Costa Health Services and the City of Brentwood and is for ages 60+.

DON'T FORGET!

Renew your Senior Club Membership for 2015 and pick up your S.H.A.R.E.S Card today!



Pick up your S.H.A.R.E.S Card at the Senior Center and support the Brentwood Senior Citizens Club, Inc. Here's how: just use your S.H.A.R.E.S card at any Food Maxx family stores: Save Mart Supermarkets, S-Mart Foods, Food Maxx and Lucky. Up to 3% of the supporters spending goes to the Club. Your group cards are registered to the Club as soon as you receive the card. There is no money value on the cards. Cards must be swiped before your order transaction is completed. Pick up your cards today at the Receptionist Desk.



Senior Club Members get ready to vote for candidates for the following Board positions:

President Secretary **Financial Secretary Trip Secretary** January 6 Election Ballots are Mailed January 14 Meet the Candidates Senior Activity Center (Main Hall) January 30 Election Voting Deadline February 3 Counting of the Ballots New Board Members will be announced at the Senior Club February 13 Special Luncheon

KEEPING INFORMED

Everythingbrentwood.com has a special section for the "55 Better" community. This section features events, activities, classes and other relevant information of interest to adults who are 55 or better, as well as to their families. We are partnering with the City of Brentwood's Parks and Recreation Department and the community in this endeavor. Check out http://www.everythingbrentwood.com.

Get connected with everythingbrentwood.com by telling them what you think about some of their featured articles and sharing what you would like to see more of. We live in the same community and probably have similar hopes and aspirations - that this community continues to be a great place for all to live in and that it retains the values and characteristics that made everyone decide to move (or stay) here in the first place. Let's talk about it!



2015 PROGRAM SUB-COMMITTEE SCHEDULE

Do you have an idea for a new activity or improved procedure for senior services?

Then attend the following meetings to share your ideas.

January's meeting has been canceled
• February 4, 2015

2015 BOARD MEETING SCHEDULE

• Tuesday, January 13 • Tuesday, February 10

Brentwood Senior Activity Center (Class Room) at 9:30AM

NEW THIS YEAR!!!

Join us for a New Club Members

MEET AND GREET SOCIAL!

February 6, 12:30-1:30PM

Senior Activity Center (Main Hall)

Come and find out what our Senior Club is all about!

Meet club representatives from senior programs, classes, and activities.

Sign up to attend this event at the Senior Activity Center registration desk.

SENIOR ACTIVITIES

SENIOR CENTER BOOK AND MEDIA LIBRARY



Please come and visit our media library located in the Game Room. We have a great selection of new books, audio tapes, and movies. Don't be shy, come by and select a few books or movies to enjoy at home.

Special Note

Before leaving books to be added to our collection, please see Donelda. She is a regular at the CC Café and a well-known personality around the Center.

TRI DELTA TRANSIT



PLAN FOR THE FUTURE! WE WANT TO HEAR FROM YOU!

Help us shape the future of public transit in your community. Join us for a community workshop to share your ideas on how Tri-Delta Transit can better serve riders by improving service within Eastern Contra Costa County.

eBART is coming and we want your input on how to improve our current and future bus routes and schedules. Your voice counts!

COMMUNITY TRANSIT WORKSHOPS

SAT., JAN. 10, 2015 11:30 am - 1:30 pm Antioch Community Center Community Hall 4703 Lone Tree Way Antioch, CA 94531

WED., JAN. 28, 2015 6:30 pm - 8:30 pm City of Oakley Council Chambers 3231 Main Street Oakley, CA 94561

THURS., JAN. 29, 2015 6:30 pm - 8:30 pm Ambrose Community Center 3105 Willow Pass Road Bay Point, CA



Free 24-Hour Bus Pass for Participants!

Win a 31- Day Pass in the Workshop Raffle!



For more information, please visit: www.trideltatransit.com



BOOK BANTER GROUP

Are you an avid reader, looking for someone to discuss the latest novel with? Join us on the 3rd Tuesday of each month as we discuss the preselected books listed below. Participants are responsible for obtaining a copy of the book and should read it prior to attending the discussion. The group meets from 1:30-2:30 p.m. at the Brentwood Senior Activity Center (Classroom).

magic hour

January

The Magic Hour By Kristin Hannah

<u>February</u> The Bell Jar By Sylvia Plath



Club Members: Free/Non-Members: \$2
Senior Activity Card Required



WE JUST WANNA HAVE FUN, BUT WE CAN'T PLAY IF YOU DON'T COME!

Afternoon BUNCO

COME ON FOLKS, THE TIME IS HERE; BRING \$5 AND GET IN GEAR!

January 27 & February 24 I-4:00 p.m.

Senior Activity Card Required

BRENTWOOD SENIOR ACTIVITY CENTER
GAME ROOM

SENIOR ACTIVITIES

CARDS, CARDS & MORE CARDS

Come and Join the Club and Get Ready for a Great Time!!!

Gin Rummy is one of the most popular card games worldwide. Usually, two players play the game and the basic aim of the game is to make a hand, that has most or all the cards arranged in sets and runs, and the point value of the leftover unmatched cards are low. If you are interested in playing, sign-up today and call Ralph at (925) 626-7383 to make your reservations. Don't forget to purchase your Senior Activity Card at the front reception desk.

GIN RUMMY CLUB

TUESDAY AFTERNOONS

I - 4 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER MAIN HALL

Club Members: \$1/Non-Members: \$2
Senior Activity Card Required



DROP IN PINOCHLE

TUESDAY & THURSDAY AFTERNOON

I - 4 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER MAIN HALL

Club Members: \$1/Non-Members: \$2
Senior Activity Card Required

DUPLICATE BRIDGE

WEDNESDAY EVENINGS

6 - 9:30 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER

\$6 per person/per session
Drop-in, no registration needed.

Come play, make new friends, and earn master points.

HULA AND UKULELE CLASS



Join Nani Lozier as she teaches the art of Hula Dancing! Dance lessons include live ukulele music. 1st and 3rd Friday of the month, 1-3 p.m. in the (Main Hall) No registration required

Club Members: Free/Non-Members: \$2
Senior Activity Card Required

BRENTWOOD SENIOR ACTIVITY CENTER
MAIN HALL

BOOT SCOOTING LINE DANCING SOCIALS

Join Belle Hodnick as she plays some of the hottest line dancing music for your enjoyment and line dancing fun. So polish up those boots, kick-up your heels, and come ready to dance the afternoon away.



Just because you requested it, we are now dancing twice a month.

2nd Wednesday of the Month and the last Friday of the month.

12:30-2:00 p.m.

Club Members: Free/Non-Members: \$2
Senior Activity Card Required **

BRENTWOOD SENIOR ACTIVITY CENTER
MAIN HALL

SENIOR ACTIVITIES

KNITTING CIRCLE



Come join June Peters and friends for an afternoon of knitting. Bring your project, old or new. Help will be available to you. New knitters welcome! We'll teach you the basics and then move on from there. Yarn, patterns and loaner needles are available for all.

Wednesdays 12:30-3:30 p.m.

Club Members: Free/Non-Members: \$2

Senior Activity Card Required

BRENTWOOD SENIOR ACTIVITY CENTER
GAME ROOM

QUILTERS CLUB



Calling all quilters and wanna be quilters!

Come and join us the FIRST Tuesday of the month in the classroom at 12:30-4:00 p.m.

A new quilt block and technique will be introduced each month. Experienced quilters will be available to assist with your own projects.

Equipment and supply lists are available at the Senior Activity Center Reception Desk.

Come and quilt with us.

Club Members: \$1/Non-Members: \$5
Senior Activity Card Required

Brentwood Senior Activity Center Classroom

BINGO MONDAYS

Join the FUN!

Every Monday (Excluding Holidays)

12:30-3PM

Brentwood Senior Activity Center

\$10 Buy-in

Cash, Prizes, Snacks

Open to All

(Must be 18 years of age to participate)

Daubers available for purchase on-site.

No children please.

Anyone Interested in helping with the Bingo games, please contact MaryAnn at (925) 626-7054.



CC CAFÉ SENIOR NUTRITION PROGRAM



Hot lunches are served 5 days a week for seniors 60+. Cost is \$2 per person. Call CC Café to make your reservation at (925) 634-5040, weekdays between 9 a.m. - 12 p.m., to reserve your seat. Meals served at the Brentwood Senior Activity Center Meeting Room from 11:45 a.m. - 12:10 p.m. Come and enjoy lunch, meet new friends and have a great conversation.

SPECIAL MONTHLY BRENTWOOD SENIOR CITIZEN'S CLUB LUNCHEONS

Join the Brentwood Senior Citizen's Club, Inc. twice a month for their special luncheons featuring a variety of catered meals from CC Café. Enjoy a variety of entertainment such as entertainers, bingo, and special raffles. Advanced reservations are required for these special luncheons and can be made by calling CC Café directly, weekdays between 9 a.m. - 12 p.m. at (925) 634-5040 two days in advance.

Special Luncheon Dates

- Friday, January 9
- Wednesday, January 28
 - Friday, February 13
- Mednesday, February 25

MEALS ON WHEELS



Are you homebound and in need of assistance with daily meals? Call the Meals on Wheels Program at (925) 625-4545.

Meals on Wheels of Contra Costa is proud to announce the launch of their new website, www.mealsonwheelsofcontracosta.org, which allows better communication for clients and their families, as well as supporters and the general public.

CCC FOOD BANK BROWN BAG PROGRAM

In Partnership with the Food Bank of Contra Costa and Solano Brown Bag Program, low income senior citizens receive free supplemental food twice per month. These groceries supplement the food seniors are able to buy on their own and stretches their dollars. Food distribution is held at the Brentwood Senior Activity Center on the 2nd and 4th Thursday of the month from 10:30AM-11:30AM. To qualify for this program, you must reside in a low income household, live in Contra Costa County and be 55 years of age or older. This Brentwood site services the following communities:

**Reptwood Byron Discovery Bay and Knightsen, You can pick-up an application at

Brentwood, Byron, Discovery Bay and Knightsen. You can pick-up an application at our Senior Activity Center Reception Desk or call (925) 676-7534 for more information.

SENIOR SERVICE PROGRAMS

SENIOR PEER COUNSELING

This Program offers both individual counseling and support groups to residents of Contra Costa County who are 55 years of age or older. Services are free of charge, and confidentiality is strictly observed. For more information call (925) 335-8741.

<u>HOME CHORE REGISTRY/FRIENDLY VISITOR'S PROGRAM</u>: Connects people in need with people who care and is sponsored by Senior Outreach Services. Call (925) 937-8311 for more information.

DIAL-A-RIDE SERVICE: For seniors and disabled individuals to register in the program, contact Tri Delta Transit, (925) 754-6622.

Adult/Senior Information & Referral Counselor: 1 (800) 510-2020

HICAP: Services offered on 2nd Tuesday of the month, from 11:30 a.m. - 3:30 p.m. at the Senior Center (Classroom). To make an appointment, please call (925) 602-4168.

AARP TAX AID HAS MOVED TO THE BRENTWOOD COMMUNITY CENTER

DO YOU NEED HELP GETTING YOUR TAXES FILED?? WELL...... AARP TAX-AIDE IS ON THE WAY!!!

Starting on February 2, through April 6, 2015 on Mondays only AARP Tax-Aide, certified counselors will be available to prepare and electronically file Federal and CA state tax returns at the Brentwood Community Center, 35 Oak St.

For your convenience you can park at 100 City Park Way.

This <u>free</u> tax preparation and filing service is available for low to moderate income taxpayers of all ages with a special focus on seniors 60 plus.

Note Important Information So You Can Be Prepared:

- * Tax Services are available on Mondays only February 2 through April 6, 2015 from 9:00 a.m. to 3:30 p.m.
- * Appointments must be made in person at Brentwood Community Center on Mondays (only) 9:00 a.m. to 3:30 p.m. February 2 through April 6, 2015.

 Please bring prior year's tax returns.
- * Do not call the Brentwood Community Center <u>No appointments will be</u> taken by phone.
- * Walk-ins accepted only if time permits must have all documentation and prior year's tax returns.



Karen Nuñez (925) 925-989-7482 or email onlyyesterday@comcast.net



BRENTWOOD SENIOR CITIZEN'S CLUB, INC.

Want to have a say in what we do here at the Brentwood Senior Activity Center for activities and programs? Help plan future activities, trips, and parties. Everyone's input is important! The Brentwood Senior Citizen's Club Board meets the second Tuesday of each month from 9:30 - 11:30 a.m. in the Brentwood Senior Activity Center.

MESSAGE FROM THE BOARD

Dear Members,

Here we are in a new year already, looking forward to one as good as the last! Remember that elections for the board are upon us and you will be receiving the ballots in the mail. We have a full slate this time so make sure you have your vote count.

We rang in the new year with a great party at the center – "New Year's in Paris" with the Eiffel Tower and on Paris time. The entertainment included a mime, a magician and a spontaneous balloon fest. If you couldn't make it this year, put it on your calendar for next year.

Regrettably, Kathy Pedroni has had to cut back on her many responsibilities with the club and has resigned her position as vice-president. She will continue as volunteer coordinator and head of our ambassadors. Kathy stepped in when we needed her and wore many hats (pretty much all of them for a time). She will still be an integral part of our team and we look forward to our continued relationship.

As is required by the by-laws, as a mid-term replacement, we will seek to fill the vice-president position through appointment by the board. If you think you might want to take on the task, please contact any board member and we will consider adding you to our team.

We hope you all had a wonderful holiday season and wish you the best years of your life for the future.

Richard Griek

President, Brentwood Senior Citizens Club



SNEAK PEEK INTO 2015!







May 2, 2015





Cache Creek Casino Trip February 25, 2015



Golden Gate Fields Trip April 16, 2015

Visit pg. 15 for more Senior Trip Information.



Wine and Olive Oil tasting at Sebastiani Winery and B.R. Cohn (Glen Ellen) Olive Oil Trip
May 13, 2015

Christmas Special Luncheon





New Years in Paris



















Congratulations June on a fabulous New Years in Paris Party. Everyone had a great time. The room looked better than ever before. The food was right on. The balloon drop was a wonderful surprise that everyone got into. Let's do it again next year!

Cheers to 2015!

Richard Griek

Mad Hatter Tea Party (Ages 5+)



Don't be late for this very important date!

Saturday, March 7, 2015

Celebrating everyone's Un-Birthday with delicious tidbits, cakes and tea, a visit from Alice, and a hat contest for adults and children.

All children must be accompanied by an adult. Register with the Queen of Hearts at the Brentwood Parks and Recreation Department or off with your Heads!



ATTENTION ALL CLUB MEMBERS!

We need raffle items for some of our upcoming events!!!! This is your opportunity to clean out your shelves and closets! New and items able of being re-gifted or recycled welcome.

Please bring donations to front reception desk at the Senior Activity Center marked for the Mad Hatter Tea Party by March 1, 2015.



Are you looking for a volunteer opportunity? This is your chance! The Club is looking for volunteers to assist in the upcoming Club events:

Johnny Cash & Patsy Cline Show Saturday, February 14th Mad Hatter Tea Party Saturday, March 7th

*Bakers *Decoration/Set-Up

*Bartenders *Greeter

*Photographer *Clean-Up/Take-Down

Stop by the Brentwood Senior Activity Center Reception Desk to sign up today!!! If you have any questions or would like to sign up over the phone please call (925) 516-5380 and speak with one of our ambassadors.

SENIOR CITIZENS CLUB TRIPS DISCOVER, EXPLORE AND HAVE FUN

All trips depart from the Brentwood Senior Activity Center, 193 Griffith Lane, Brentwood.

Space is limited for all trips. Don't wait ... register today!

Cache Creek Casino Trip

Wednesday, February 25, 2015
Receive \$15 Bonus Play and \$5 food credit or \$20 table match play and \$5 food credit. Casino package subject to change. All passengers must have a valid Government Photo I.D.

8:30AM Depart Brentwood Senior Activity Center

10AM Arrive Cache Creek Casino
3:15PM Depart for return to Brentwood
Senior Center

5:30PM Approx. return time to Brentwood Senior Center

Senior Club Member/ Non-Club Member: \$30

Trip #14820

Day at the Races "Golden Gate Fields"

Thursday, April 16, 2015
Enjoy a visit to Golden Gate Fields, your day at the races is sure to be an unforgettable event. Your group will have reserved seating at the Turf Club with a hosted buffet lunch and perfect viewing to cheer for your "Brentwood Senior Citizen's Club" dedicated race.

Depart: 10:30AM Return: 6PM Senior Club Member: \$60 Non-Senior Club Member: \$69

Trip #14821

Sebastiani Vineyards and Winery — Lunch & More Wednesday, May 13, 2015

Your day will begin with a tour of this rich historic winery and learning about the transition of Sebastiani's wines. What tour would be complete without tasting a "flight" of wines before your hosted "picnic style" lunch. Before leaving the "Wine Country" your group will stop at B.R. Cohen in Glen Ellen where you will enjoy tasting five B.R. Cohen wines, olive oils and vinegars.

Depart: 9:30AM Return: Approx. 5PM

Senior Club Member: \$92 Non-Senior Club Member: \$112

Trip #14822

Blooming in the Valley

Our first stop was the Hilmar Cheese Factory. We started the tour with a very informative guide who explained to us how the milk comes from the dairies and the process it must go through before it becomes that wonderful cheese we all purchase. Our tour was followed by a delicious lunch and free time to visit their gift shop. From the cheese factory we headed out to the City of Hughson for a tour of the Duarte Poinsettia Nursery, where they raise the most amazing poinsettia plants. Our guide explained where the plant originated from, the upkeep of the plants and what to do so the plant will re-bloom for the following year.

2014 has been a GREAT year for trips. THANK YOU!

Without YOU it could not have happened.

Paula Joyce

Trip Coordinator









Brentwood Senior Activity Center 193 Griffith Lane Brentwood, CA 94513 Center Phone: (925) 516-5380 Fax: (925) 516-5447

Fax: (925) 516-5447 Center Hours

Monday - Thursday 8:30 A.M.- 4 P.M.

Fridays 8:30 A.M. - I P.M.



50+ Senior Spring Bocce League

Team registration packets available at the Brentwood Community Center, 35 Oak Street beginning February 2 for the Coed B League that is tentatively set to begin the week of March 2.

League play is generally offered Thursday mornings. Teams consist of a minimum of four (4) players and a maximum of ten (10).

So grab some friends and form a team.

<u>Deadline for team registration for the 2015 Spring League is</u>
<u>5pm on February 20.</u>

FEE: \$89.50 per team

Class #14639

